DRI Calculator Results

Your entered values:

Sex	Male
Age	35 years
Height	1 ft. 23 in.
Weight	160 lbs.
Activity level	Active

Begin New Calculation

Your calculated results:

Body Mass Index (BMI)	91.8
Estimated Daily Caloric Needs	2,360 kcal/day

Daily Recommended Macronutrient Intake:

Macronutrient	Recommended Intake Per Day
Carbohydrate	266 - 384 grams
Total Fiber	33 grams
Protein	58 grams
Fat	52 - 92 grams
Saturated fatty acids	As low as possible while consuming a nutritionally adequate diet.
Trans fatty acids	As low as possible while consuming a nutritionally adequate diet.
α-Linolenic Acid	1.6 grams
Linoleic Acid	17 grams
Dietary Cholesterol	As low as possible while consuming a nutritionally adequate diet.
Total Water	3.7 liters (about 16 cups)

Daily Recommended Vitamin Intake:

Vitamin	Recommended Intake Per Day	Tolerable UL Intake Per Day
Vitamin A	900 mcg	3,000 mcg
Vitamin C	90 mg	2,000 mg
Vitamin D	15 mcg	100 mcg
Vitamin B_6	1.3 mg	100 mg
Vitamin E	15 mg	1,000 mg
Vitamin K	120 mcg	ND
Thiamin	1.2 mg	ND
Vitamin B_{12}	2.4 mcg	ND
Riboflavin	1.3 mg	ND
Folate	400 mcg	1,000 mcg
Niacin	16 mg	35 mg
Choline	0.55 g	3.5 g
Pantothenic Acid	5 mg	ND
Biotin	30 mcg	ND
Carotenoids	NA	ND

Daily Recommended Essential Mineral Intake:

Mineral	Recommended Intake Per Day	Tolerable UL Intake Per Day
Calcium	1,000 mg	2,500 mg
Chloride	2.3 g	3.6 g
Chromium	35 mcg	ND

Mineral	Recommended Intake Per Day	Tolerable UL Intake Per Day
Copper	900 mcg	10,000 mcg
Fluoride	4 mg	10 mg
Iodine	150 mcg	1,100 mcg
Iron	8 mg	45 mg
Magnesium	420 mg	350 mg
Manganese	2.3 mg	11 mg
Molybdenum	45 mcg	2,000 mcg
Phosphorus	0.7 g	4 g
Potassium	3,400 mg	ND
Selenium	55 mcg	400 mcg
Sodium	1,500 mg	2,300 mg
Zinc	11 mg	40 mg

Daily Recommended Non-Essential Mineral Intake:

Mineral	Recommended Intake Per Day	Tolerable UL Intake Per Day
Arsenic	NA	ND
Boron	0 mg	20 mg
Nickel	0 mg	1 mg
Silicon	NA	ND
Sulfate	NA	ND
Vanadium	0 mg	1.8 mg